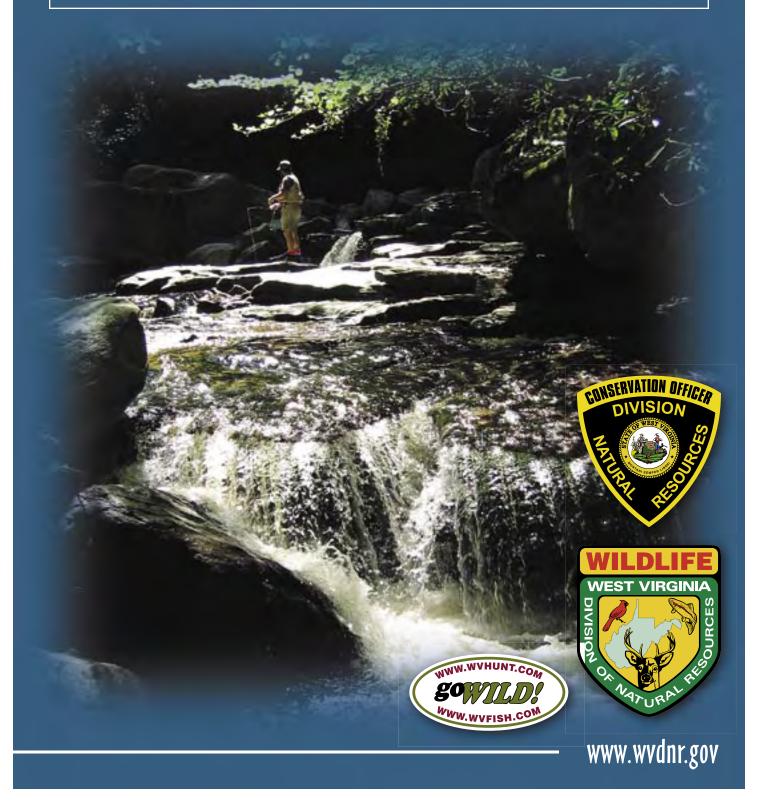
WEST VIRGINIA

Fishing Regulations

JANUARY - DECEMBER 2005



Simple Truths -----

P.O. Box 67 • Elkins, WV 26241

Money is a topic most people like to avoid talking about and I'm no exception, but I can't put it off any longer. I'll make my proposal short and to the point -- no spin -- few statistics.

The last resident license fee increase took effect in 1989. A few nonresident fees were increased in 1998. You have experienced the rise in inflation since those days in almost every aspect of your personal finances. It also has affected our employees' personal finances and our agency's finances. I'll give you just one example of increased costs the DNR has incurred. Since the last fee increase, the DNR basically had no option but to take over operation of the Bowden Fish Hatchery from the federal government and assume the costs of raising trout at the large hatchery. Raising fish, whether trout, catfish or muskies, is expensive.



I think we all realize that the cost of living goes up every year. What has the DNR done to live within our means? We've tightened our belt several times over the past 15 years. We have reduced the number of vehicles we own by 14 percent. We haven't replaced personnel after they retire, spreading out the duties among the remaining staff. We've reduced paperwork and the administrative cost of shuffling papers. Even with those and other cost-cutting measures, the last couple years we've been spending more money than we bring in. No business, family or agency can continue like that.

To get back on solid financial ground, the DNR is proposing a restructured license system, eliminating some licenses, keeping some fees the same, and raising others. We've attempted to keep the impact on the average hunter and angler as small as possible.

I know you don't want to hear about increasing license fees but I hope you'll give thoughtful consideration to our need for additional money. We want and need your support. If you want to review our license fee proposal, visit our website: www.wvdnr.gov or call a DNR district office to get a copy of the proposed fees. Thanks for your consideration of our proposal to continue providing quality wildlife and fisheries programs to you.



2006 Robert C. Byrd Drive (304) 256-6947 1110 Railroad Street (304) 825-6787 Fish Management - Jim Reed Fish Management - Frank Jernejcic Law Enforcement - Capt. Daniel Farley Law Enforcement - Capt. Kaven Ransom **District V** District II - Romney, WV 26757 McClintic WMA 1 Depot Street (304) 822-3551 Rt. 1, Box 484 • Pt. Pleasant, WV 25550 Fish Management - Jim Hedrick Fish Management - Zack Brown (304) 675-0871 Law Enforcement - Capt. Jerry Jenkins Law Enforcement - Capt. Steve Stewart (304) 759-0703 **District III** 696 Winfield Road • St. Albans, WV 25177 WV State Wildlife Center District VI - Parkersburg, WV 26101 Box 38 • French Creek, WV 26218 Fish Management - Kevin Yokum (304) 924-6211 2311 Ohio Avenue (304) 420-4550 Law Enforcement - Capt. Mike Pizzino (304) 637-0245 Fish Management - Scott Morrison

Law Enforcement - Capt. Tom Wasmer

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This pamphlet is a summary of the applicable laws and regulations governing sport fishing in West Virginia. The West Virginia Code and the West Virginia Code of Rules contain the details of these laws and regulations. Both publications are available for review in the Director's Office and Division of Natural Resources District Offices. Copies of the official regulations may be obtained from the West Virginia Secretary of State. Year-round fishing is in effect unless otherwise noted.



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New for 2005 -----

Special Area Regulations

- 1. Delayed-harvest time period extended for Clear Fork of Guyandotte River in Wyoming County and Middle Wheeling Creek in Ohio County. It now runs from October 1 through May 31. (See page 5)
- 2. The catch-and-release section on the Slatyfork section of Elk River in Pocahontas County has been extended by one mile. (See page 5)
- 3. A minimum size limit of 40 inches for muskellunge has been set for North Bend Lake in Ritchie County. (See page 4)

Fish Consumption Advisories - This section has been expanded. (See pages 19-21)

Fishing Lakes - Wallback (Clay County) and Pedlar (Monongalia County) Wildlife Management areas have added fishing lakes.

These lakes are under construction or renovation and may not be open to fishing until announced by the DNR.

Trophy Fish Citation - Carp meeting minimum citation requirements legally taken by bow are now eligible for trophy citations. (See page 8)

Landowner - Sportsmen Relations

West Virginia anglers are indebted to local landowners throughout the state. Without their consent and generosity, fishing would be restricted to state and federal lands. The opportunity for continued use of private property is largely dependent upon anglers' attitudes and conduct. Most stream closures are the result of disrespect for private property.

Statement of Policy Relative to Public Use of Facilities

It is the policy of the Division of Natural Resources to provide its facilities, accommodations, services and programs to all persons. Complaints should be mailed to: Director, Division of Natural Resources, State Capitol Complex, Charleston, WV 25305, or to the Office of Human Resources, U.S. Department of the Interior, Fish and Wildlife Service, Hadley, MA 01035-9589. The Division of Natural Resources is an equal opportunity employer.

| REGULAT | Summary |
|---------|---------|
|---------|---------|

| | | | | <u>, </u> |
|--|-----------------------------|-----------------|------------------------------|---|
| Species | Daily Creel Limit | Minimum Size | Possession Limit | *Special Regulations |
| Black Bass Smallmouth, Largemouth, and Spotted | 6* (in aggregate) | N one* | 12* (in aggregate) | Jennings Randolph Lake: 12-inch minimum limit, daily creel limit 5, and possession limit 10. See Special Area Regulations for additional restrictions. |
| Trout <i>Rainbow, Golden, Brook and Brown</i> | 6 or 4* (in aggregate) | None | 12* (in aggregate) | Jennings Randolph Lake: Daily creel limit 5, and possession limit 5. Only 4 of 6 may be taken from impoundments stocked with trout and their tributaries, designated warmwater streams (see below) and Edwards Run. 6 may be taken from Stephens, Stonecoal and U.S. Army Corp of Engineers lakes. See Special Area Regulations for additional restrictions. |
| Muskellunge | 2* | 30 in. | 4* | Jennings Randolph Lake: 36-inch minimum size limit, daily creel limit 1, and possession limit 1 for |
| Tiger Musky | 2* | 28 in. | 4* | muskellunge in aggregate with Tiger Musky. See Special Area Regulations for additional restrictions. |
| Northern Pike | 2 | 28 in. | 4 | Jennings Randolph Lake: 30-inch minimum size limit, daily creel limit 2, and possession limit 2. |
| Hybrid Striped Bass | 4* | 15 in.* | 8* | Bluestone Lake and all rivers: Daily creel limit of 4 and possession limit of 8 applies to fish 15 inches or larger in aggregate with striped and white bass. No restrictions for these fish under 15 inches. Mt. Storm, Beech Fork, East Lynn and R.D. Bailey: 15-inch minimum size limit. |
| Striped Bass White Bass | 4* | None* | 8* | Bluestone Lake and all rivers: Daily creel limit of 4 and possession limit of 8 applies to fish 15 inches or larger in aggregate with hybrid striped, striped, and white bass. No restrictions for these fish under 15 inches. |
| Paddlefish Shovelnose Sturgeon Lake Sturgeon | 0 | 0 | 0 | All fish must be returned to the water immediately. |
| Sauger | Lakes - 8 | None | Lakes - 16 | Jennings Randolph Lake: 15-inch minimum size |
| Saugeye | Rivers - 10 | None | Rivers - 20 | limit, daily creel limit 5, and possession limit 5 for walleye. |
| Walleye | (in aggregate) | | (in aggregate) | mine o for manego. |
| Channel Catfish | None* | None | None* | In state-managed impoundments: Daily creel limit 4, possession limit 16. Does not apply to Mt. Storm, Stonecoal and U.S. Army Corps of Engineers lakes. See Public Fishing Lakes and Ponds Chart. |
| All Others | None | None | None | Jennings Randolph Lake: 14-inch minimum size limit, daily creel limit 5, and possession limit 5 for chain pickerel. |
| Frogs | 10 | None | 20 | Season: 9 p.m. DST, June 18 to midnight July 31. Big Sandy and Tug Fork rivers bordering Kentucky Season: Noon, May 20 to midnight, October 31. |

Designated Warmwater Streams: Big Sandy Creek - Preston County; Buffalo Creek - Brooke County; Clear Fork of Tug Fork - McDowell County; Clear Fork of Guyandotte - Wyoming County; East Lynn (tailwaters) - Wayne County; Hopkins Fork - Boone County; Indian Creek - Summers County; Kings Creek - Hancock County; Laurel Creek - Clay County; North Fork Dam and South Fork Fishing Creek - Wetzel County; Paint Creek - Fayette and Kanawha counties; Panther Creek - McDowell County; Paw Paw Creek - Marion County; Pond Fork and Spruce Laurel Fork - Boone County; Tomlinson Run - Hancock County; West Fork Twelvepole - Wayne County; Wheeling Creek - Marshall and Ohio counties.



REGULATIOS pecial Areas

Season is year-round unless otherwise noted.

Bass -----

Catch-and-Release -----

- 1. All black bass (smallmouth, spotted and largemouth) caught must be returned to the water at once.
- 2. No black bass shall be in the angler's possession (creel limit 0) while fishing in designated catch-and-release lakes and streams.
- 3. To release a deeply hooked or gill-hooked fish, the line should be cut 5 to 6 inches above the lure.

Lakes

Dunkard Fork, Elk Fork, Kimsey Run, Millers Fork Pond, North Bend, O'Brien, Rockhouse, Stonewall Jackson, Tuckahoe, Upper Mud and Woodrum lakes.

Streams

New River - Fayette, Raleigh and Summers counties

12-mile section from the I-64 bridge at Sandstone downstream to NPS Grandview Sandbar access site near Quinnimont. Access by state Route 41 at Quinnimont and state Route 20 at Sandstone.

South Branch of Potomac River - Hardy and Hampshire counties

- Area 1 8-mile section in Hardy County from 3 miles east of Petersburg at the routes 28, 55 and 220 bridge (Petersburg Gap bridge) downstream to the county Route 13 bridge (Fisher bridge).
- Area 2 9.5-mile section in Hampshire County from the routes 28 and 50 bridge (Romney bridge) downstream to the state Route 28 bridge (Blue Beach bridge).

Open Fishing Tournament Sponsors -----

A permit is required from the Division of Natural Resources to hold a tournament that is open to the public or awards cash or prizes. Club tournaments, which are restricted to members competing for points, do not require a permit. Tournament permit requests should be made to:

West Virginia Division of Natural Resources Wildlife Resources Section State Capitol Complex, Building 3 Charleston, WV 25305

Call (304) 558-2771 for information.

Minimum Size Limits -----

- All black bass (smallmouth, spotted and largemouth) under
 inches long must be returned to the water at once.
- 2. Measure fish from the tip of snout to the end of tail.
- 3. To release a deeply hooked or gill-hooked fish, cut the line 5 to 6 inches above the lure.

Barboursville, Beech Fork, Chief Logan, Conaway Run, and South Mill Creek lakes, and Wheeling Creek

Slot-Limit------

Lakes

- 1. All black bass (smallmouth, spotted and largemouth) from 12 to 16 inches long must be returned to the water at once.
- 2. All black bass harvested must be in accordance with the daily creel limit regulation.
- 3. To release a deeply hooked or gill-hooked fish, cut the line 5 to 6 inches above the lure.

East Lynn Lake

Streams

- 1. All black bass (smallmouth, spotted and largemouth) from 12 to 20 inches must be returned to the water at once.
- 2. Daily creel limit of one black bass over 20 inches caught within the slot limit area. Black bass under 12 inches may be harvested. All black bass harvested must be in accordance with the daily creel limit regulation.
- 3. To release a deeply hooked or gill-hooked fish, cut the line 5 to 6 inches above the lure.

Greenbrier River - Greenbrier County

6-mile section beginning at the U.S. Route 60 bridge near Caldwell extending downstream to the U.S. Route 219 bridge at Ronceverte.



Children and Class Q Handicap Fishing Areas -----

- 1. Area is managed under special regulations March May.
- During this period fishing is restricted to children 10 years of age or under and to handicapped individuals holding a Class Q license.
- 3. Fishing permitted during daylight hours only.
- 4. Creel limit is four trout.
- 5. Another person may assist with baiting hooks and removing fish.

Coonskin Park Pond - Kanawha County

2.7-acre pond in Coonskin Park. Access by state Route 114 and county Route 51/2.

Handley Pond - Pocahontas County

5-acre pond on the Handley WMA. Access by county routes 17 and 17/1 which intersect U.S. Route 219 at Edray north of Marlinton.

Kanawha State Forest Pond - Kanawha County

1-acre pond in Kanawha State Forest. Access by county Route 42 off county Route 23.

Logan County Airport Pond

1-acre pond. Access by county Route 119/8 off state Route 17.

Millers Fork Pond - Wayne County

5-acre pond on the Beech Fork Lake WMA. Access by county Route 22 off county Route 17.

Raleigh County Airport Pond

1-acre pond at the entrance to the Raleigh County Airport. Access by county Route 9/9 off I-64 at Airport Exit 125-B.

Underwood Lake - Cabell County

1-acre pond on Huntington YMCA property. Access by state Route 2.

Westover Park Pond - Monongalia County

1-acre pond located at the Westover Park just off U.S. Route 19 approximately .5 mile east of I-79 Westover exit.

Wood Pond - Ohio County

.5-acre impoundment in the Bear Rocks Lake WMA. Access by county Route 41/6.

Woodbine Area of the Cranberry River - Nicholas County

300-yard section of the Cranberry River at the U.S. Forest Service Woodbine Recreation Area. Access by National Forest Route 76 from Richwood.

Muskellunge-----

Catch-and-Release -----

Streams

- All muskellunge caught must be returned to the water at once.
- 2. No muskellunge shall be in the angler's possession while on stream sections designated as catch-and-release streams.

Buckhannon River - Upshur County

6.5-mile section beginning at the City of Buckhannon's water supply dam and continuing upstream to the first riffle. Included in this area is the section of French Creek from its mouth to the first riffle. The entire stream section is commonly referred to as Buckhannon Pool.

Middle Island Creek - Tyler County

6-mile section beginning at the state Route 18 bridge near Centerville and continuing downstream to the low water bridge near the Jug WMA. Included in this area are sections of Indian Creek and McElroy Creek from their mouth to their first riffle.

Minimum Size Limits -----

Lakes

- All muskellunge under 40 inches long must be returned to the water at once.
- 2. Measure fish from the tip of snout to the end of tail.
- 3. To release a deeply hooked or gill-hooked fish, cut the line 5 to 6 inches above the lure.

North Bend Lake

Handling and Release Procedures

When practicing catch-and-release fishing, survival of the released fish can be greatly enhanced by following these simple guidelines.

- 1. Time is important play and release the fish as quickly as possible to reduce unnecessary stress.
- 2. Keep the fish in the water as much as possible and use a pair of forceps or needle-nosed pliers to remove the hook.
- 3. Handle the fish with bare, wet hands. Do not squeeze the fish, put your fingers in the eyes or gills, or cause scale loss.
- 4. When releasing the fish, hold it gently in the water until the fish is ready to swim off on its own.



Trout

Catch-and-Release ------

Streams

- 1. Fishing permitted during daylight hours only.
- Only artificial flies and lures made of metal, wood, feathers, hair, or synthetic material may be used or possessed on "catch-and-release" trout streams during the catch-and-release season.
- 3. Multiple hook lures must have barbless hooks.
- 4. Single hook lures may have barbed hooks.
- 5. To release a deeply hooked or gill-hooked fish, the leader should be cut 5 to 6 inches above the lure.
- 6. All trout caught must be returned to the water at once.
- 7. No trout shall be in the angler's possession while on stream sections designated as catch-and-release streams.

*Powerbait is considered to be illegal under this section and may not be used or possessed on catch-and-release streams.

Back Fork of Elk River - Webster County

4-mile section beginning 2 miles upstream from Webster Springs and extending upstream. Access by county routes 24 and 24/3.

Blackwater River - Tucker County

3.5-mile section from the county Route 29/1 bridge in Blackwater Falls State Park downstream to the mouth of the North Fork.

Clear Fork of the Guyandotte River - Wyoming County

1-mile section from the R.D. Bailey Wildlife Management Area manager's residence downstream to the state Route 6 bridge. Season: October 1 - May 31. General regulations apply June 1 - September 30.

Cranberry River - Webster, Pocahontas and Nicholas counties

- 4.3-mile section from the junction of the North and South forks downstream to the low water bridge at Dogway Fork. Access by foot on National Forest Route 76 from the Cranberry Glades parking area.
- Nicholas County 1.2-mile section from the Woodbine Recreation Area downstream to Camp Splinter (Jakeman Run). Access by National Forest Route 76 from Richwood.

Elk River - Randolph County

2-mile section from the Elk Springs Campground downstream to the Rose Run bridge. Access by county Route 49 off state Route 15 about 4 miles west of Valley Head.

Glade Creek of New River - Raleigh County

3-mile section from the mouth upstream to the National Park Service foot bridge. Access by Glade Creek Road off state Route 41.

Middle Wheeling Creek - Ohio County

1.2-mile section from just above the upper limits of Middle Wheeling Creek Lake upstream to mouth of Gillespie Run. Access by county Route 39/6. Season: October 1 - May 31. General regulations apply June 1 - September 30.

North Branch of Potomac River - Grant and Mineral counties

See the 2005 Maryland Fishing Regulations for special regulations on the North Branch of the Potomac and Potomac Rivers.

North Fork of Cherry River - Nicholas County

1.8-mile section extending upstream from Richwood's water supply dam to first state Route 39 bridge. Access by state Route 39.

North Fork of Cranberry River - Pocahontas County

.25-mile section from the mouth upstream to the limestone treatment dam. Access by foot on National Forest Route 76.

North Fork of the South Branch - Pendleton County

.75-mile section at the mouth of Seneca Creek near Seneca Rocks Visitors Center. Access by county Route 28/3 at junction of state Route 28 and U.S. Route 33 at Seneca Rocks.

Paint Creek - Fayette County

2-mile section from mouth of Skitter Creek upstream to mouth of Milburn Creek. Access is by county Route 15.

Shavers Fork of Cheat River - Randolph County

5.5-mile section in the Monongahela National Forest, north of U. S. Route 250, from the mouth of Whitmeadow Run downstream to the mouth of McGee Run. Access by National Forest Route 92, which intersects U.S. Route 250 four miles west of Cheat Bridge.

Slatyfork section of Elk River - Pocahontas County

4.6-mile section from the junction of Big Spring and Old Field forks downstream to the mouth of Dry Branch including all tributaries entering between these boundaries except Laurel Run. Access by foot from county routes 219/2 on the north and 219/12 on the south.



Trout continued -----

Catch-and-Release continued -----

South Branch of the Potomac River - Pendleton County

1-mile section beginning 2 miles below U.S. Route 220 at Eagle Rock and extending downstream. Access by county Route 2.

Williams River - Pocahontas County

2-mile section beginning 2 miles below Tea Creek and extending downstream. Access by National Forest Route 86.

Fly-fishing-Only -----

Streams

- 1. Fishing permitted during daylight hours only.
- 2. Only artificial flies and streamers may be used or in possession on any of the fly-fishing-only streams.
- Only conventional fly-fishing tackle may be used.
 Open- and closed-face spinning or spincast reels are prohibited.
- 4. All fish caught must be returned to water at once.
- No trout shall be in the angler's possession while on stream sections designated as fly-fishing-only streams.

Buffalo Creek of New River - Fayette County

Main stream and all tributaries of Buffalo Creek. Access by foot from county Route 25.

Dogway Fork of the Cranberry - Webster, Pocahontas and Greenbrier counties

Main stream and all tributaries of Dogway Fork. Access by foot on National Forest Route 78.

Milligan Creek - Greenbrier County

Marked area about 1 mile north of U.S. Route 60 from the county Route 60/15 bridge extending downstream about .33 mile to a fence crossing.

Red Run of Dry Fork - Tucker County

Main stream and all tributaries of Red Run. Access by foot from state Route 72 and National Forest Route 13.

Second Creek - Greenbrier and Monroe counties

Marked 1.5-mile section on the Monroe/Greenbrier county line at Rodgers Mill.

Thorn Creek - Pendleton County

Marked .5-mile section beginning approximately 3 miles above the mouth. Access is by county Route 20.



Reciprocal Fishing -----

Ohio River

Ohio residents who carry fishing licenses valid in Ohio may fish on the Ohio River and its embayments or from the West Virginia banks of the Ohio River and embayments without obtaining West Virginia license.

West Virginia residents who carry fishing licenses valid in West Virginia may fish on Ohio River embayments in Ohio or from the Ohio banks of the Ohio River and embayments without obtaining an Ohio license.

West Virginia fishing laws and regulations must be followed when fishing on the Ohio River mainstream and on embayments or tributaries that are within the boundaries of West Virginia.

Ohio fishing laws and Ohio River fishing regulations for the Eastern Unit, which cover the West Virginia / Ohio border, must be followed while fishing on embayments or tributaries that are within the boundaries of Ohio.

The embayment and tributary reciprocal boundaries for each state are listed in the *Waterfowl Hunting and Fishing on the Ohio River* brochure available from West Virginia DNR offices, and online at www.wvdnr.gov. Ohio and West Virginia anglers may travel and fish embayments and tributaries to the landmark locations listed in the brochure. These locations are also defined by distance from the mouth of the tributary and GPS coordinates for convenience.

Potomac River

West Virginia residents who possess valid West Virginia fishing licenses may fish by angling in the waters of the Potomac River including the North Branch and Jennings Randolph Lake which are opposite both the West Virginia and the Maryland shores, and they may fish from the Maryland shore, without obtaining a Maryland fishing license, subject, however, to all other Maryland laws, rules and regulations applicable to fishing.

Maryland residents who possess valid Maryland fishing licenses may fish by angling in the waters of Jennings Randolph Lake which are opposite both the Maryland and West Virginia shores, and they may fish from the West Virginia shore of the Potomac River, including the North Branch and Jennings Randolph Lake without obtaining a West Virginia fishing license, subject, however, to all other West Virginia fishing laws, rules and regulations applicable to fishing. This agreement is limited to the Potomac River including the North Branch and Jennings Randolph Lake and does not extend to any of their tributaries.

The State of Maryland has joint law enforcement jurisdiction on Jennings Randolph Lake.

Other Methods

Except as authorized below, it is illegal to take fish by any means other than by rod, line and hooks.

It is illegal to:

- use a firearm, crossbow, dynamite or any like explosive, or a poisonous mixture placed in the water for the purpose of killing or taking fish, frogs, aquatic turtles or other forms of aquatic life.
- fish with more than two (2) lines or poles in an impoundment stocked with trout by the DNR from January 1 - May 31.

Bow Fishing -----

Carp may be taken by bow year-round; other nongame fish may be taken by bow during all months of the year except May and June. Residents must have a valid fishing license and nonresidents must have a valid hunting license in order to fish using a bow. All persons using a bow to fish must observe all applicable fishing regulations.

It is illegal to:

use an arrow having an explosive head or shaft or an arrow dipped in or smeared with poison or other chemicals.

Dipping-----

Dipping for nongame fish is legal from February 1 to midnight April 30 with a valid WV fishing license. A dip net may not exceed 36 square feet in overall area, and its mesh may not be smaller than one-fourth (1/4) inch.

Gigging, Snagging and Snaring ----

Suckers, carp, fallfish and creek chubs may be taken by snaring year-round. Other nongame fish, turtles and eels may be taken by gigging, snagging, or snaring from January 1 - May 15 and from July 15 - December 31, except that snagging and gigging shall be prohibited within 100 feet of all U.S. Army Corps of Engineers Locks and Dams and their appurtenances. Snagging of game fish is prohibited.

Report -----

Fish and Game Law Violations:

1-800-638-4263 (1-800-NET GAME)

Stream Pollution or Fish Kills:

1-800-642-3074



Hatchery Fish Removal -----

It is illegal to take fish, frogs, aquatic turtles, or other aquatic life from a state fish hatchery.

Ice Fishing -----

Holes cut for ice fishing must be no larger than 10 inches in diameter. This applies to public waters where ice fishing is allowed.

Seining for Minnows/Minnow Traps

Game fish may not be seined or trapped. A seine may be used to obtain minnows for use as bait provided the seine is not longer than six feet nor deeper than four feet. A thrownet may be used provided the diameter is no larger than six feet and mesh size no larger than three-eighths (3/8) inch. Minnow traps may be used provided the openings are not larger than one inch in diameter. A person may have in his possession no more than 50 minnows nor more than a total of 100 aquatic animal life unless obtained from a licensed dealer and a bill of sale is provided. Possession of mussels or any parts thereof is prohibited. A valid WV fishing license is needed to collect minnows and other aquatic life.

Trotlines and Droplines -----

Trotlines and droplines must be attached to the bank or a tree thereon, must bear an identification tag that is legible and waterproof, and must be attended every 24 hours. Wire or cable lines and hooks with more than one point are prohibited.

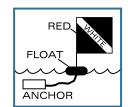
It is illegal to:

- fish with trotlines and droplines in state-managed impoundments except Stonecoal, Hawks Nest, Mt. Storm and U.S. Army Corps of Engineers lakes. (See chart on page 9 for state-managed lakes.)
- attach a trotline to public piers and docks or within 50 feet of dam appurtenances.
- use droplines on the Elk River, Hughes River, Little Kanawha River, Middle Island Creek, and South Fork of Hughes River.
- jug fish.



Spearfishing and Diving -----

- Nongame fish may be taken by spearfishing from July 1
 September 30 during daylight hours only.
- 2. Spearfishing is prohibited on the following:
 - a. Elk River, from Sutton Dam downstream to the U.S. Route 19 bridge at Sutton;
 - b. New River, from Bluestone Dam downstream to the lower bridge at Hinton.
- Spearguns may be discharged only beneath the surface of the water.
- 4. It is illegal to use a bolt having an explosive head or shaft or a bolt dipped in or smeared with poison or other chemicals.
- 5. A diver may not spearfish in such a manner as to interfere with other anglers.
- 6. A diver may not spearfish in heavily-traveled boat lanes, marked swimming areas, or marked waterskiing areas.
- "Diver down flag" shall be a red field of not less than 10 inches x 10 inches dimension with a white diagonal stripe not less than 1-1/2 inches wide running upper left to lower right. The flag shall be displayed at all times and be

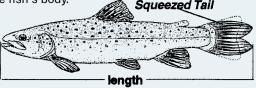


affixed to a separate flotation device. No such flag shall be attached to any navigational device or placed so as to obstruct boat traffic. Divers must come up within 100 feet of flag. All powerboats will remain a minimum distance of 100 feet away from the marker flag. The top of the flag shall be at least 3 feet above the surface of the water.

Fish taken by spearfishing may not be returned to the water or left on the bank.

Measuring Fish -----

- 1. Lay the fish on top of a ruler on a flat surface.
- 2. Close the mouth of the fish and squeeze the tail fin lobes together.
- 3. Measure all fish from the tip of the lower jaw to the tip of the tail. Do not measure along the curvature of the fish's body.





Trophy Fish Citation Program -----

The trophy fish citation program was initiated to recognize outstanding fishing achievement. The color prints of fish portrayed on the citations are reproductions of original paintings by artist Duane Raver. Persons interested in registering their trophy fish can obtain an application from any license agent or Wildlife Resources Section office or visit WWW.WVdnr.gov.

Reporting Procedures

- Fish must be legally caught with rod and reel by a licensed angler in West Virginia.
- Carp legally taken by bow and meeting minimum size requirements qualify for a trophy fish citation.
- Fish must meet or exceed the minimum weight or length.
- Fish certified by weight must be weighed on a scale certified by the West Virginia Division of Labor or at any office of the West Virginia Wildlife Resources Section.
 Fish must be weighed in the presence of a witness who must sign the application form.
- Fish certified by length must be measured in the presence of a witness who must sign the application form, or fish must be measured and a photograph must accompany the application. Measure total length of fish to nearest 1/8 inch from tip of snout to end of tail. See Measuring Fish on this page.
- A clear side view photograph of the fish is desirable.
- Nonresidents and residents are eligible for trophy citations.
- Applications must be submitted within 60 days of the date of catch.
- A \$5 fee must accompany each application. Make checks or money orders payable to the West Virginia DNR.

Minimum Sizes

| Trout | | | Catfish | | |
|----------------|----------|--------|----------------|----------|--------|
| Brook | 1.5 lbs. | 15 in. | Bullhead | 2 lbs. | 16 in. |
| Brown | 4 lbs. | 21 in. | Channel | 6 lbs. | 25 in. |
| Rainbow | 4 lbs. | 21 in. | Flathead | 10 lbs. | 29 in. |
| Golden Rainbow | 4 lbs. | 21 in. | Crappie | 1.5 lbs. | 15 in. |
| Bass | | | Sunfish | 1 lbs. | 10 in. |
| Largemouth | 5 lbs. | 21 in. | Chain Pickerel | 2 lbs. | 20 in. |
| Smallmouth | 4 lbs. | 20 in. | Northern Pike | 8 lbs. | 32 in. |
| Spotted | 1.5 lbs. | 14 in. | Walleye | 5 lbs. | 25 in. |
| Rock | 1 lb. | 11 in. | Sauger | 1.5 lbs. | 17 in. |
| Striped | 7 lbs. | 25 in. | Yellow Perch | 1 lb. | 13 in. |
| Hybrid Striped | 7 lbs. | 24 in. | Freshwater | 10 lb - | 07 : |
| White | 2 lbs. | 15 in. | Drum | 10 lbs. | 27 in. |
| Muskellunge | 15 lbs. | 40 in. | Fallfish | 2 lbs. | 18 in. |
| Tiger Musky | 15 lbs. | 40 in. | Carp | 15 lbs. | 31 in. |

FISH Public Lakes and Ponds







L = limited primitiveP = permit required



Night Fishing

C = registered campers onlyP = permit required

General Key

• = the listed amenity is available or permitted A blank space indicates that the amenity **IS NOT** available or permitted.

Lake - County

* = National Forest Stamp required

COE = U.S. Army Corps of Engineers lake



* = contains no wake zones, speed zones and/or other restricted areas f = fee charged for private boats, May 30 - Labor Day

A USCG approved life preserver is required for each occupant of ALL BOATS. See West Virginia Boating Regulations. All boats propelled by machinery must be licensed.

| Lake or Pond - County | Ġ | Acres | | | Λ | | Lake or Pond - County | Ŀ | Acres | | | Λ | |
|--|---|-------|---|---|-----|---------|---|---|----------|---------|--------|-----|----------|
| Airport Pond - Raleigh | • | 1 | | | | | Logan County Airport - Logan | • | 1 | | | | |
| Anawalt - McDowell | • | 7 | | • | | | Lumberport - Harrison | | 6 | • | | | Ε |
| Anderson - Kanawha | | 7 | | • | | | McClintic Ponds - Mason | • | 61 | | • | Р | Е |
| Barboursville - Cabell | • | 17 | | | Р | | Middle Wheeling Creek - Ohio | | 30 | • | • | - | E |
| Bear Rock Lakes - Ohio | • | 16 | | • | | Е | Miletree - Roane | | 10 | | • | | E |
| Beech Fork - Wayne COE | • | 720 | • | • | Р | 10* | Mill Creek - Barbour | • | 8 | | | | E |
| Berwind - McDowell | • | 20 | | • | P | Ē | Millers Fork - Wayne | • | 5 | | | | _ |
| Big Ditch - Webster | • | 55 | | • | - | Ē | Moncove - Monroe | • | 144 | | • | Р | 5 |
| Big Run - Marion | | 7 | • | • | | Ē | Mount Storm - Grant | | 1200 | • | • | | U* |
| Bluestone - Summers COE | • | 2040 | • | • | Р | U* | Mountain Valley - Summers | | 39 | | | | E |
| Boley - Fayette | • | 18 | | С | P | E | Mountwood - Wood | • | 48 | | • | Р | E |
| Brandywine - Pendleton* | • | 6 | | • | P | Ē | Newburg Lake - Preston | | 5 | | | | _ |
| Brushy Fork - Pendleton | | 18 | | • | • | Ē | New Creek Dam 14 - Grant | | 40 | | • | | |
| Buffalo Fork - Pocahontas* | • | 22 | | • | | Ē | North Bend - Ritchie | • | 305 | • | • | Р | 10 |
| Burnsville - Braxton COE | • | 968 | • | • | Р | U* | North Bend State Park - Ritchie | | 1.5 | | С | P | 10 |
| Cacapon - Morgan | • | 6 | | • | | NMf | | | 217 | • | • | | 10 |
| Cameron - Marshall | | 6 | • | • | | . VIVII | Pedlar Mountain - Monongalia | | | | novati | 00 | 10 |
| Camp Run - Pendleton* | | 8 | - | • | | Е | Pennsboro W. S. Reservoir - Ritchie | | 9 | uer re | • | | Е |
| Castleman Run - Brooke, Ohio | • | 22 | • | • | | E | Pipestem - Summers | • | 16 | | _ | Р | R |
| Cedar Creek - Gilmer | | 8 | • | • | Р | | Plum Orchard - Fayette | • | 202 | | • | Р | U* |
| Charles Fork - Roane | | 70 | - | • | _ F | Е | Poorhouse Pond - Berkelev | | 5 | | _ | I- | U |
| Cheat Lake - Monongalia | | 1730 | • | • | L | U* | R.D. Bailey - Mingo, Wyoming COE | | 630 | • | • | Р | U* |
| Chief Cornstalk - Mason | • | 5 | | • | Р | E | Ridenour - <i>Kanawha</i> | • | 27 | | • | Г | -0 |
| Chief Logan - Logan | • | 7 | | • | F | | Rock Cliff - Hardy* | • | 17 | | С | Р | Е |
| Conaway Run - Tyler | • | 30 | | • | Р | Е | Rock Cill - Haldy Rockhouse - Logan | • | 14 | | C | Г | E |
| Coonskin Park - Kanawha | • | 2.5 | | _ | Г | | Rollins - Jackson | • | 41 | | • | | E |
| Coopers Rock - Monongalia | • | 6 | | | Р | Е | Salt Lick Pond 9 - Braxton | _ | 15 | • | • | | E |
| Curtisville - Marion | • | 30 | • | • | Р | E | | | _ | • | • | Р | |
| | | 11 | • | • | Р | E | Seneca - Pocahontas | • | 3 165 | | Р | P | E |
| Doe Run Sub-Impoundment - <i>Tyler</i> Dog Run - <i>Harrison</i> | | 15 | • | • | Р | E | Sherwood - <i>Greenbrier*</i> Silcott Fork - <i>Roane</i> | | 23 | | • | Р | |
| Dunkard Fork - Marshall | • | 49 | • | • | | E | Sleepy Creek - Berkeley | • | 205 | • | • | Р | Е |
| | • | 1005 | • | • | Р | U* | | • | 48 | • | • | Р | E |
| East Lynn - Wayne COE | • | | • | • | P | U" | South Mill Creek - Grant | • | 23 | | • | Р | |
| Edwards Run - Hampshire | • | 278 | • | • | L | 10 | Spruce Knob - Randolph* | • | _ | • | • | Р | E U* |
| Elk Fork - Jackson | • | | • | • | | 10 | Stephens - Raleigh | | 300 | | | D | |
| Elk Two Mile (Site 12) - Kanawha | | 2 | | | | | Stonecoal - Lewis, Upshur | • | 550 | • | • | Р | 10* |
| Elk Two Mile (Site 13) - Kanawha | | 3.5 | | | | | Stonewall Jackson - Lewis COE | • | 2650 | • | • | Р | U* U* |
| Elk Two Mile (Site 14) - Kanawha | | 4 | | | | | Summersville - Nicholas | • | 2700 | • | • | P | |
| Fitzpatrick - Raleigh | | 2.5 | | • | Р | - | Summit - Greenbrier* | • | 43 | | • | P | E |
| Flat Run - Marion | | 6 | • | • | | E | Sutton - Braxton COE | • | 1500 | • | • | P | U* |
| Ft. Ashby - Mineral | | 12 | • | • | | | Teter Creek - Barbour | • | 35 | | • | P | E |
| French Creek - Upshur | | 2 | | | | - | Thomas Park - Tucker | | 8 | • | • | L | E |
| Frozencamp Left Fork - Jackson | | 20 | | • | | E | Tomlinson Run - Hancock | | 30 | • | | P | E |
| Frozencamp Right Fork - Jackson | | 20 | | • | | E | Tracy - Ritchie | | 11 | | • | L | E |
| Handley Pond - Pocahontas | • | 5 | | • | Р | E | Trout Pond - Hardy | | 2 | | • | Р | - |
| Hawks Nest - Fayette | | 250 | • | • | | ñ | Tuckahoe - Greenbrier | • | 40 | | • | | E |
| Horse Creek - Wyoming | • | 12 | | • | | E | Turkey Run - Jackson | • | 15 | • | • | | E |
| Huey Run - Marion | | 8 | • | • | | E | Turkey Run - Marhsall | | 15 | • | • | | E |
| Hurricane W.S. Reservoir - Putnam | • | 12 | | • | | | Tygart - Taylor COE | | 1750 | • | • | Р | U* |
| James P. Bailey - Mercer | • | 28 | | | _ | | Tygart River Backwaters - Randolph | | 31 | • | • | | E |
| Jennings Randolph - Mineral COE | | 952 | • | • | Р | U* | Underwood Lake - Cabell | • | 1 | | | | |
| Jimmy Lewis - Mercer | • | 15 | | • | | E | Upper Cove Run - Hardy | | 6.5 | | • | | E |
| Kanawha State Forest - Kanawha | • | 1 | | | Р | | Upper Mud - <i>Lincoln</i> | • | 307 | • | • | | 10 |
| Kee Reservoir - Mercer | | 70 | | • | | E | Wallback - Clay | | | ler cor | struct | ion | |
| Kimsey Run - Hardy | • | 60 | | • | Р | E | Warden - <i>Hardy</i> | • | 44 | | • | | Е |
| Krodel - Mason | • | 22 | • | | Р | E | Watoga - Pocahontas | • | 11 | | | Р | Е |
| Larenim - Mineral | • | 10 | • | | | NM | Westover Park - Monongalia | • | 1.5 | | | | |
| Laurel - Mingo | • | 29 | | • | Р | E | Whetstone - Marion | | 6 | • | • | | Ε |
| Lick Creek - Wayne | | 5 | • | • | | | Wolf Run - Marshall | | 23 | | • | | Е |
| Little Beaver - Raleigh | • | 18 | | Р | | R | Woodrum - Jackson | • | 240 | • | • | | 10 |

Licenses and Fees for 2005

Fishing and hunting licenses are good for the calendar year. You must purchase new licenses at the beginning of each year.

| Resident Licenses | Lifetime Licenses |
|---|---|
| Conservation Stamp (Class CS) Required for all licensed anglers except holders of Class X, XJ, BL, B-L-I, AB-L, and AB-L-I licenses | Combination Hunting, Trapping and Fishing (Class AB-L)*\$570 |
| Hunting & Trapping (Class A)\$11 | Combination Hunting, Trapping and Fishing - Infant (Class AB-L-I)*\$285 |
| Fishing (Class B)\$11 | Fishing (Class B-L)*\$325 |
| Sportsman Hunting/Fishing/Trapping (Class X) for ages 18 through 64\$25 | Fishing - Infant (Class B-L-I)*\$163 |
| Junior Sportsman Hunting/Fishing/Trapping (Class XJ) for ages 15 through 17\$15 | Trout Fishing (Class O-L)**\$150 |
| Nonresident Licenses | Trout Fishing - Infant (Class O-L-I)**\$75 |
| Conservation/Law Enforcement Stamp (Class CS/LE) Required for all licensed anglers\$10 | Class I, U, V, W licenses and Conservation Stamp not required. |
| Fishing (Class F)\$30 | ** Valid only when accompanied by a Class B, AB-L, AB-L I, B-L, B-L-I, X, or XJ license. |
| Bow or Gun Hunting (Class E)\$100 | Purchasing a License |
| Tourist Fishing (Class K) Three consecutive days\$5 | Licenses may be obtained as follows:1. At over 350 retail agent locations throughout the state and all county clerks offices. (\$3 issuing fee for first purchase and \$1 for subsequent purchases.) |
| Resident and Nonresident Licenses Trout Fishing Stamp | Over the Internet at www.wvfish.com. (Official DNR website - No issuing fee.) |
| (Class O) Required in addition to a Class B, AB-L, AB-L-I, B-L, B-L-I, F, K, Q, X, or XJ licenses | 3. Directly from the Hunting and Fishing License Unit by phoning (304) 558-2758. (No issuing fee.) |
| Resident \$7.50 Nonresident \$10 | For additional information please contact the |
| National Forest Hunting/Trapping/Fishing (Class I) Required on National Forests in addition to a Class B, F, E, Q, or K | Hunting and Fishing License Unit West Virginia Division of Natural Resources State Capitol Complex, Building 3, Room 624 Charleston, West Virginia 25305 |



(304) 558-2758 • customerservice@wvdnr.gov

Definition of Resident

A person who has been a domiciled resident continuously in West Virginia for 30 consecutive days or more immediately prior to the date of application for a license or permit. This includes members of the U.S. armed forces stationed outside the state who were WV residents at the time of entry into the service and any full-time student of a college or university of this state.

Fishing License Not Required for --

- a. Residents who are totally blind. A physician's statement or certificate must be carried while fishing.
- b. Residents 65 years of age or older.
- c. Nonresidents or residents under 15 years of age.
- d. Residents on active duty in the U. S. armed forces while on military leave. Leave papers shall be carried while fishing.
- e. Resident landowners or their resident children, resident parents, or bonafide resident tenants of such land may fish on their own land during open seasons in accordance with the laws and regulations applying to such fishing.
- f. Residents permanently disabled in lower extremities.
 A Class Q (free) permit must be carried while fishing.
- g. Residents honorably discharged from the U. S. armed forces receiving total permanent service-connected disability benefits or former prisoners of war as determined by the Veterans Administration or resident disabled veterans who qualify under West Virginia Code 17A-10-8 and are exempted from payment of any motor vehicle registration fee by the Commissioner of Motor Vehicles. Such persons must carry a card issued by the DNR.
- h. Residents or in-patients of any state mental hospital, health or benevolent institution. Such persons must be under proper supervision and carry a written statement or certificate signed by the superintendent of the institution or facility.
- Developmentally disabled residents. A DDFL card issued by the DNR must be carried while fishing.



Point System for Violations -----

Persons making false application for a license will have their license privileges suspended for one year.

Points assigned for other hunting and fishing violations:

10 points for use of explosives or poison material in taking fish

6 points for illegal possession or sale of wildlife

4 points for all other violations

When a violator accumulates 10 points, his/her license(s) will be revoked for a period of two years. Points will be removed on their second anniversary or upon restoration of the license(s).



FISHING

Water Safety

Fishing isn't a dangerous sport, but anytime you are outdoors in all kinds of weather near water there is an element of risk. Being prepared and taking proper precautions can eliminate most of the risk.

Water accidents claim many lives in our country each year. Whether it is falling out of a boat, slipping on a rock, or stepping into a deep hole, anglers face numerous drowning opportunities. Learning how to swim is one of the best preventive measures an angler can take. Taking a fishing buddy is not only fun, it increases your safety in case something goes wrong.

Safety with Fishing Equipment-----

Fishing hooks can be dangerous if not handled properly. Look behind you before you cast to make sure your hook will not be caught on a power line, a tree, or a person. Do not leave fishing tackle lying loose on the ground. Someone can trip on it and fall or step on a hook.

Personal Flotation Devices (PFDs)

Personal flotation devices are not just for wearing in boats and not just for those who can't swim. Anytime you are on or near deep or fast-moving water, it is always best to wear your PFD. If you are fishing from a boat, West Virginia law requires that you have one PFD on board for each person on the boat. Of course having an old PFD stuffed away somewhere on your boat will not help in most emergencies. Make sure the PFD is in good condition (try it out in the water from time to time), readily available and fits properly. Boats over 16 feet must also have a ring or cushion on board that can be thrown to a person in the water.

Wading -----

There are several rules you should follow for safe wading.

- 1. Wade with a fishing buddy.
- 2. Wear your PFD.
- 3. Find out whether the bottom is rocky or muddy.
- Shuffle your feet or probe with a stick along the bottom to avoid holes.
- 5. Study how swiftly the water is moving.
- 6. Wear appropriate foot wear (considering water temperature and bottom substrate).

Person In Water -----

Reach-Throw-Row-Go is a method of rescuing a person who is in trouble in water. If the person is close to you, REACH out with a long object such as an oar or tree limb to pull the person into shore or the boat.

If you can't reach the person, then THROW them a life-saving device. If possible, it should be tied to the end of a line so you can pull the person to you. An inflatable ball or foam cooler can be used if the proper device is not available.

If there is nothing to throw, ROW a boat to the person in trouble. The person should be pulled in over the stern, or back, of the boat if possible to prevent the boat from tipping over. If the boat has a motor, it must be shut off before you get to the person in the water.

GO (swim) to the person ONLY as a last resort and only if you have had life-saving training. People who are drowning often panic and injure or drown someone trying to rescue them.

Anglers Alert -----

Anglers are reminded that West Virginia law prohibits the release of fish or other aquatic organisms into public waters, unless a stocking permit is issued by the Division of Natural Resources. Stocking permits are not required for trout and black bass stocking provided that disease-free certifications are obtained prior to stocking, or if trout originate from a source within the state. A permit is not required for stocking native or established fish into privately owned ponds.

Moving live fish or other aquatic animals and plants from one body of water to another can cause long term damage to the ecological stability of lakes and streams and can threaten recreational fishing. Please take these precautions to prevent problems.

Please:

- do not move fish from one body of water to another
- · drain live wells thoroughly before leaving an access area
- do not release live baitfish or aquarium fish into West Virginia's waters
- remove all visible plants and animals from your boat, motor, trailer and nets before leaving an access area

By following these simple steps, anglers can help ensure West Virginia's good fishing for future generations.



Boating Safety-----

Anglers using boats must obey boating laws. In West Virginia, anyone born after December 31, 1986 must pass a N.A.S.B.L.A.-approved Boating Education Course before operating a motorboat. Adults born before that date would also benefit from taking such a course.

A U.S. Coast Guard-approved PFD is required for each person on board. Other equipment depends on the type and length of your boat. Most boating fatalities are the result of a boat capsizing or passenger falling overboard. Nonfatal boating accidents usually result from a collision with another boat or an object in the water such a rock or pilings. A little boating knowledge, common sense and courtesy could prevent most accidents.

Approximately 90 percent of water-related fatalities are the result of drowning. Nearly 80 percent of those who died in boating accidents were NOT wearing a PFD. Most accidents are a sudden, unexpected occurrence. If you're not wearing your life jacket, it will be of little use to you.

Safe Boating Rules -----

- Don't operate a boat under the influence of alcohol or drugs.
- Don't overload the boat
- · Don't sit on the edge of the boat
- If you must stand up, do so carefully away from the sides
- Drive at a safe speed
- Use navigation lights at night
- Keep a lookout for other boats and follow the rules of navigation
- Always let someone know where your are going and when you plan to return
- Don't fish during a thunderstorm

Check the weather conditions before you leave. Lightning, strong wind and high waves create hazardous conditions. If caught on a lake in a strong storm, put all fishing gear in the bottom of the boat, stay low in the boat and get off the water as soon as possible. In high waves, the best way to keep from capsizing is to steer the boat at a slight angle into the waves.

Operating a boat under the influence of alcohol or drugs creates the same risks and carries the same penalties as DUI. Intoxication affects your balance, which is already challenged by being in a boat. It also affects your coordination, vision and thinking ability. Alcohol also causes you to lose body heat faster should you fall into the water, increasing the risk of hypothermia.

Hypothermia -----

Hypothermia is a condition in which your body loses heat faster than it can produce it. Without treatment, your life is in danger. Exposure to the cold along with wind, wetness and exhaustion causes hypothermia. A common misconception is that the air or water temperature must be below freezing before you can become hypothermic. Actually, many cases of hypothermia develop in air temperatures between 30 and 50 degrees. And because water takes away body heat 25 times faster than air of the same temperature, any water colder than 70 degrees can cause hypothermia.

Symptoms of hypothermia include uncontrollable shivering, fumbling hands, slow speech, confusion and exhaustion. To treat hypothermia, get the victim out of the cold, give warm drinks, keep the person awake, remove all wet clothing and get the victim into dry clothes.

Fishing in Cold Weather -----

To stay warm, wear several layers of clothing. Air trapped between the layers serves as insulation. A wool hat prevents heat loss from your head. Fishing is difficult with most gloves, but lightweight rubber gloves, gloves without fingertips, and gloves that have a flap to expose your fingers allow greater manual dexterity.

Ice Fishing -----

West Virginia doesn't possess numerous ice fishing opportunities but in some ways, that makes the sport a little riskier. Anglers may be tempted to venture out on a frozen lake or river before checking the thickness of the ice. Ice should be at least four inches thick before it is considered safe.

Boating Education Requirement-

Anyone born after December 31, 1986, must successfully complete a N.A.S.B.L.A.-approved Boating Education Course before operating a motorboat in the waters of West Virginia. Contact a Conservation Officer for an available course near you.

You can also take the online Boating Education Course available at www.wvdnr.gov. Click on **boating** under the **Law Enforcement** heading.



FISHING

Favorite Places

Waters and Streams -----

Channel catfish waters-----

Bluestone, East Lynn, Burnsville, Stonecoal, Tygart, and Stonewall Jackson lakes; South Branch of the Potomac, Kanawha, New, and Ohio rivers. Most warmwater streams and state managed impoundments.

Best baits

Minnows, nightcrawlers, chicken livers and natural baits.

Crappie waters-----

Bluestone, Burnsville, East Lynn, R.D. Bailey, Stonewall Jackson, Sutton, Summersville, and Tygart lakes; Ohio River backwaters

Favorite baits

Minnows, jigs and minnow-imitating lures.

Hybrid striped bass waters -----

Ohio and Kanawha rivers; Beech Fork, Bluestone, East Lynn, and R.D. Bailey lakes.

Best baits

White jigs, silver spoons, shad imitation lures and live minnows.

Largemouth bass waters-----

Burnsville, Beech Fork, Cheat, East Lynn, Bluestone, Sutton, R.D. Bailey, and Stonewall Jackson lakes; Ohio River; most farm ponds and state managed lakes.

Best baits

Minnows, nightcrawlers, crayfish, crankbaits, spinnerbaits, jigs, softplastic and most top water lures.

Musky waters-----

Little Kanawha, Hughes, Elk (downstream of Sutton), Buckhannon, West Fork, Mud, New, Gauley, and Monongahela rivers; Middle Island, Dunkard, Mill and Sandy creeks; East Lynn, Stonecoal, Stonewall Jackson and Burnsville lakes.

Favorite tackle and baits

Bait casting reels using lures imitating minnows; large spinners. Live creek chubs, suckers or large minnows are excellent bait.

Smallmouth bass waters-----

Summersville and Tygart Lakes; New, Shenandoah, Greenbrier, Cacapon, South Branch of the Potomac, mainstream Potomac, Ohio, Elk, and Little Kanawha rivers

Favorite tackle and baits

Spinning tackle of medium light and ultra light weight using spinners and other artificial lures resembling minnows, night crawlers, hellgrammites, crayfish, crankbaits, jigs, and numerous soft plastic and topwater baits.

Trout streams -----

Cranberry, Williams, South Branch of the Potomac near Franklin, North Fork of the South Branch, Shavers Fork of Cheat, and Elk River above Webster Springs.

Walleye waters -----

Elk and lower Gauley rivers; Kanawha, Monongahela, and Ohio river dam tailwaters; Summersville, Tygart, Stonecoal, Jennings Randolph and R.D. Bailey lakes.

Best baits

Live minnows, night crawlers, jigs, minnow-imitating crankbaits and spinners.

White bass waters-----

Ohio, Monongahela and Kanawha rivers; Tygart Lake.

Best baits

Jigs, crankbaits, spinners, streamers and live minnows.

Regulations Meeting Schedule---

March 21, 2005

Ellenboro, Fairmont, Lewisburg, Martinsburg, Milton, and Summersville

March 22, 2005

Elkins, Glen Dale, Logan, Moorefield, Parkersburg, and Twin Falls State Park



Float Trips -----

Many of West Virginia's streams offer excellent float trip fishing when water conditions are suitable. Some popular trips are listed below.

Cacapon River

| From | То | Miles |
|----------------------|------------------------|-------|
| Wardensville | Capon Lake | 8.5 |
| Capon Lake | Hooks Mill Road Ford . | 8.0 |
| Hooks Mill Road Ford | Cold Stream | 11.0 |
| Cold Stream | Rt. 127 Bridge | 7.0 |
| Rt. 127 Bridge | Cacapon Crossings | 9.0 |
| Cacapon Crossings | Largent South | 6.7 |
| Largent South | Fisher Ford Bridge | 11.0 |
| Fisher Ford Bridge | Power Plant | 9.0 |
| Power Plant | Route 9 Bridge | 1.75 |

Greenbrier River

| From | То | Miles |
|------------------|----------------------|-------|
| Renick | . Anthony Bridge | 10.0 |
| Anthony Bridge | . Caldwell | 12.7 |
| Caldwell | . Ronceverte | 6.0 |
| Ronceverte | . Fort Spring | 8.5 |
| Fort Spring* | . Alderson | 6.0 |
| Alderson | . Pence Springs | 8.5 |
| Pence Springs | . Talcott Bridge | 4.5 |
| Talcott Bridge** | . Barger Springs | 4.5 |
| Barger Springs | . Willow Wood Bridge | 6.0 |

^{*} Contains rapids for experienced canoeists only.

New River

| From | То | Miles |
|-----------------------|-----------------------|-------|
| Shanklins Ferry | Mouth of Indian Creek | 6.0 |
| Below Sandstone Falls | . Prince | 12.0 |
| Prince | . Thurmond | 12.0 |

Only experienced canoeists should attempt to float the New River. Portaging some areas will be necessary.

South Branch

| From | То | Miles |
|-----------------------|--------------------|-------------------|
| Mouth of North Fork. | Petersburg | Bridge4.5 |
| Petersburg Bridge | Vernon Wel | ton Park3.0 |
| Vernon Welton Park | Fisher Bridg | ge South5.5 |
| Fisher Bridge South | Fisher Bridg | ge2.5 |
| Fisher Bridge | Old Fields E | Bridge4.5 |
| Old Fields Bridge | Trough Entr | ance (McNeill)5.0 |
| Trough Entrance (McN | leill) Harmisons . | 7.0 |
| Harmisons | Stony Run | 1.5 |
| Stony Run | Romney Bri | dge8.75 |
| Romney Bridge | Hanging Ro | ock5.0 |
| Hanging Rock | Blues Beacl | h Bridge4.5 |
| Blues Beach Bridge. | Millesons N | 1iII7.5 |
| Millesons Mill | Millesons M | 1ill Bridge2.0 |
| Millesons Mill Bridge | e Blue Ford | 4.75 |
| Blue Ford | Indian Rock | 4.0 |
| Indian Rock | Mouth | 4.5 |

Handicap Accessible Fishing Areas-----

For more information on developed sites contact:

West Virginia Division of Natural Resources Wildlife Resources Section

State Capitol Complex Building 3, Room 808 Charleston, West Virginia 25305



(304) 558-2771 or WWW.WYdnr.gov



^{**}Contains two falls to be portaged.

LAKES Trout Stocking Schedule

| Code | No. StockingsPeriod | Code | No. StockingsPeriod | Code | No. StockingsPeriod |
|------|---|------|------------------------------|------|------------------------------|
| | OneJanuary | BW | OneFebruary | M | One each monthFebruary-May |
| w | TwoFebruary | DVV | One every two weeksMarch-May | MJ | One each monthJanuary-April |
| | One each weekMarch-May | ВА | OneJanuary | Υ | OneApril |
| X | After April 1 or area is open to public | DA | OneMarch | F | One each weekOctober 10 & 17 |

| Lake or Pond - County | Code | Lake or Pond - County | Code |
|---|------|---|-------|
| Airport Pond - <i>Raleigh</i> | Y | Larenim - Mineral | BA |
| Anawalt - McDowell | М | Laurel - Mingo | MJ |
| Anderson - Kanawha | ВА | Lick Creek - Wayne | MJ |
| Barboursville - Cabell | ВА | Little Beaver - Raleigh | MJ |
| Bear Rock Lakes - <i>Ohio</i> | BW | Logan County Airport - Logan | Y |
| Beech Fork (Tailwaters) - <i>Wayne</i> | М | Middle Wheeling Creek - Ohio | BW |
| Berwind - McDowell | М | Miletree - Roane | ВА |
| Big Run - <i>Marion</i> | Υ | Mill Creek - Barbour | M |
| Boley - <i>Fayette</i> | М | Millers Fork - Wayne | Y |
| Brandywine - <i>Pendleton</i> | BW-F | Mountwood - Wood | MJ |
| Brushy Fork - <i>Pendleton</i> | BW | Newburg Lake - Preston | М |
| Buffalo Fork - <i>Pocahontas</i> | BW-F | New Creek Dam 14 - Grant | BW-F |
| Burnsville (Tailwaters) - <i>Braxton</i> | BW | Pennsboro W. S. Reservoir - Ritchie | ВА |
| Cacapon - <i>Morgan</i> | W | Pipestem - Summers | M |
| Castleman Run - <i>Brooke, Ohio</i> | BW | Poorhouse Pond - Berkeley | M |
| Cedar Creek - Gilmer | BA | R.D. Bailey (Tailwaters) - Mingo, Wyoming | BW-F |
| Chief Cornstalk - <i>Mason</i> | ВА | Ridenour - Kanawha | ВА |
| Conaway Run - <i>Tyler</i> | М | Rock Cliff - Hardy | XBW-F |
| Coonskin Park - <i>Kanawha</i> | Υ | Rockhouse - Logan | M |
| Coopers Rock - Monongalia | BW-F | Rollins - Jackson | MJ |
| Curtisville - <i>Marion</i> | MJ | Seneca - Pocahontas | BW-F |
| Dog Run - <i>Harrison</i> | М | South Mill Creek - Grant | BW |
| Dunkard Fork - <i>Marshall</i> | М | Spruce Knob - Randolph | W-F |
| East Lynn (Tailwaters) - <i>Wayne</i> | М | Stonewall Jackson (Tailwaters) - <i>Lewis</i> | BW |
| Edwards Run - <i>Hampshire</i> | BW-F | Summersville (Tailwaters) - Nicholas | BW-F |
| Fitzpatrick - <i>Raleigh</i> | MJ | Summit - Greenbrier | W-F |
| Ft. Ashby - <i>Mineral</i> | BW | Sutton (Tailwaters) - Braxton | BW-F |
| French Creek - <i>Upshur</i> | BW | Teter Creek - Barbour | BW-F |
| Handley Pond - Pocahontas | Υ | Thomas Park - Tucker | M |
| Horse Creek - Wyoming | M | Tomlinson Run - Hancock | MJ |
| Huey Run - Marion | BA | Tracy - Ritchie | ВА |
| Hurricane W.S. Reservoir - <i>Putnam</i> | BA | Tuckahoe - Greenbrier | M |
| James P. Bailey - <i>Mercer</i> | BA | Turkey Run - Jackson | ВА |
| Jennings Randolph (Tailwaters) - <i>Mineral</i> | M | Tygart (Tailwaters) - Taylor | M-F |
| Jimmy Lewis - Mercer | M | Underwood Lake - Cabell | Y |
| Kanawha State Forest - Kanawha | Y | Warden - Hardy | BW |
| Kimsey Run - <i>Hardy</i> | BW | Watoga - Pocahontas | W |
| Krodel - Mason | BA | Westover Park - Monongalia | Y |

STREA/Trout Stocking Schedule

See stocking codes at left.

| Stream - County | Code | Stream - County | Code |
|---|----------|--|-----------|
| Anthony Creek - Greenbrier | W-F | Middle Creek - Berkeley | W |
| Back Fork of Elk River - Webster | М | Middle Fork - Barbour, Randolph, Upshur | М |
| Back Fork of Elk River (C & R) - Webster | Υ | Mill Creek - Fayette | М |
| Beech Fork Lake (Tailwaters) - Wayne | M | Mill Creek - Berkeley | W |
| Big Bullskin Run - Jefferson | W | Mill Creek - Hampshire | BW |
| Big Clear Creek - <i>Greenbrier</i> | BW-F | Milligan Creek - Greenbrier | М |
| Big Sandy Creek - Preston | BW | Mill Run - Berkeley | M |
| Blackwater River - <i>Tucker</i> | W-F | Mill Run - Hampshire | BW |
| Blackwater River (C & R) - Tucker | Υ | Moores Run - Hardy | M |
| Blaney Hollow & Morgan Run - Monongalia | M | New Creek - Mineral | W |
| Buckhannon River - Upshur | BW-F | North Branch of Potomac River - Mineral | M |
| Buffalo Creek - Brooke | BW | North River - Hardy | BW |
| Burnsville Lake (Tailwaters) - Braxton | BW | North Fork of Anthony Creek - Greenbrier | BW |
| Camp Creek - Mercer | BW | North Fork of Cherry River - Greenbrier, Nicholas | BW |
| Cherry River - Nicholas | BW | North Fork of Fishing Creek Dam - Wetzel | M |
| Clear Fork - McDowell | M | North Fork of Lunice Creek - Grant | BW |
| Clear Fork - Wyoming | BW | North Fork of Patterson Creek - Grant | W |
| Clear Fork (C & R) - Wyoming | Y | North Fork of South Branch - Grant, Pendleton | W-F |
| Clover Run - Tucker | M W-F | North Fork of South Branch (C & R) - Pendleton | Y |
| Cranberry River - Nicholas, Pocahontas, Webster | | Opequon Creek - Berkeley, Jefferson | W-F |
| Cranberry River (C & R) - Pocahontas Deer Creek - Nicholas | <u> </u> | Paint Creek - Fayette Paint Creek - Kanawha | BW BW |
| Deer Creek - Pocahontas | M | Paint Creek - <i>Nanawna</i> Paint Creek (C & R) - <i>Fayette</i> | Y |
| Desert Fork - Webster | M | Panther Creek - McDowell | M |
| Dillions Run - Hampshire | BW | Paw Paw Creek - Marion | BW |
| Dry Fork - McDowell | M | Pinch Creek - Raleigh | Y |
| Dry Fork - Randolph, Tucker | BW | Pinnacle Creek - Wyoming | BW-F |
| Dunloup Creek - Fayette | M | Pond Fork - Boone | BW-F |
| East Fork of the Greenbrier River - Pocahontas | W | Potts Creek - Monroe | M |
| East Lynn Lake (Tailwaters) - Wayne | M | R.D. Bailey Lake (Tailwaters) - Mingo, Wyoming | BW-F |
| East River of New River - Mercer | BW | Red Creek - Tucker | BW |
| Edwards Run and Pond - Hampshire | BW-F | Rhine Creek - Preston | M |
| Elk River - Randolph, Webster | W-F | Right Fork of Buckhannon River - Upshur | M |
| Elk River (C & R) - Randolph | Υ | Right Fork of Middle Fork - Upshur | М |
| Elkwater Fork - Randolph | М | Right Fork of Little Kanawha River - Upshur, Webster | М |
| Evitts Run - Jefferson | W-F | Rocky Marsh Run - Jefferson | W |
| Fall Run - Webster | М | Second Creek (C & R) - Greenbrier, Monroe | Υ |
| Gandy Creek - Randolph | W | Shavers Fork (C & R) - Randolph | Υ |
| Glade Creek (Babcock) - Fayette | BW | Shavers Fork (Lower Section) - Randolph | W-F |
| Glade Creek of New River - Raleigh | BW-F | Shavers Fork (Upper Section) - Randolph | W-F |
| Glady Fork - Randolph | W | South Branch (Franklin Section) - Pendleton | W-F |
| Greenbrier River - Pocahontas | BW | South Branch (Smoke Hole Section) - Pendleton | W-F |
| Hills Creek - Pocahontas | M | South Branch (C & R) - Pendleton | Υ |
| Hopkins Fork - Boone | M | South Fork of Cherry River - Greenbrier, Nicholas | BW |
| Horseshoe Run - Tucker | BW | South Fork of Cranberry River - Pocahontas | BW |
| Indian Creek of New River - Summers | M | South Fork of Fishing Creek - Wetzel | M |
| Kings Creek - Hancock | M | South Fork of Potts Creek - Monroe | M |
| Knapps Creek - Pocahontas | W-F | Spruce Laurel Fork - Boone | M |
| Laurel Creek - Clay | M | Stonewall Jackson Lake (Tailwaters) - Lewis | BW |
| Laurel Creek - Fayette | M | Sugar Creek - Webster | M |
| Laurel Creek - Greenbrier, Nicholas | M | Summersville Lake (Tailwaters) - Nicholas | BW-F |
| Laurel Fork - Randolph | W | Sutton Lake (Tailwaters) - Braxton | BW-F |
| Laurel Fork - Webster | BW | Tilhance Creek - Berkeley | BW |
| Left Fork of Buckhannon River - Upshur | M | Tomlinson Run - Hancock | M |
| Left Fork of Holly River - Webster | BW | Trout Run - Hardy | W DW |
| Left Fork of Right Fork Buckhannon - Randolph, Upshur | BW | Tuscarora Creek - Berkeley Twolyopolo Creek (Wayna Dam) - Wayna | BW |
| Little Clear Creek - Greenbrier | BW M | Twelvepole Creek (Wayne Dam) - Wayne | MJ M-F |
| Little River (Fast Fork) Possbortas | W W | Tygart Lake (Tailwaters) - Taylor Tygart Pivor (Hoodwaters) - Pandolph | |
| Little River (East Fork) - Pocahontas Little River (West Fork) - Pocahontas | W | Tygart River (Headwaters) - Randolph Waites Run - Hardy | BW-F W |
| Long Marsh Run - Jefferson | M M | West Fork of Greenbrier River - Pocahontas | W-F |
| Lost River - Hardy | W-F | West Fork of Twelvepole Creek - Wayne | M |
| Lost River - Hardy Lower Cove Run - Hardy | M | Wheeling Creek - Marshall, Ohio | BW |
| Marsh Fork - Raleigh | M | Whiteday Creek - Marion, Monongalia | BW |
| Mash Fork - Marcer | M | Williams River - Pocahontas, Webster | W-F |
| Meadow Creek - Greenbrier | M | Williams River (C & R) - Pocahontas | Y |
| moddon Orcenbrier | M | Wolf Creek - Preston | M |

Reporting Procedures

A record of the largest fish of each species legally taken with rod and reel by a licensed angler in West Virginia waters is maintained by the Division of Natural Resources. Certificates of accomplishment are awarded for each record holder.

Anglers landing a potential state record fish should report the catch as soon as possible to the district fisheries biologist in the closest DNR district office. Please follow these guidelines to ensure accuracy of reporting.

- 1. Name, address, and telephone number of angler.
- 2. Species of fish, where, when, and how caught.
- 3. Total length of fish measured from tip of snout to end of tail. Lay fish on top of ruler on a flat surface. Close the mouth of the fish and squeeze the tail fin lobes together. Do not measure along the curvature of the fish's body.
- 4. Fish must be weighed on a scale certified by the West Virginia Division of Labor.
- 5. Signatures and telephone numbers of two persons who witnessed the length and weight measurements.
- 6. A DNR fisheries biologist must verify the species, length, and weight of the fish.
- 7. A photograph of the fish is desirable.



Your purchase of fishing equipment and motorboat fuels supports Sport Fish Restoration and boating access facilities.

| | | | S | tate Re | ecords |
|----------------|--------------|-----------------------|------------------------|----------------------------|---|
| Species | Year | Length | Weight | Location | Angler |
| Bass | | | ,, o.g | 2000 | ,gc. |
| | 2001 | 25.75 in. | 9.62 lb. | Dog Run Lake | Eli Gain |
| Largemouth | 1994 | 24.8 in. | 12.28 lb. | Pond (Grant Co.) | David W. Heeter |
| C " " | 1976 | 25.5 in. | 7.5 lb. | New River | Franklin J. Elliott |
| Smallmouth | 1971 | 24.25 in. | 9.75 lb. | South Branch | David Lindsay |
| Rock | 1964 | 13.8 in. | 1.75 lb. | Big Sandy Creek | Warren Ryan |
| Spotted | 2000 | 19.0 in. | 4.77 lb. | R. D. Bailey Lake | Kevin Dameron |
| <i>'</i> | 1988 | 19.0 in. | 3.82 lb. | R. D. Bailey Lake | Leonard Blankenship |
| Striped | 2000 | 37.68 in. | 29.56 lb. | Bluestone Lake | Terry Watkins |
| Hybrid Striped | 2000 | 32.1 in. | 14.0 lb. | Kanawha River | Frankie Harris |
| White | 1985 1985 | 31.5 in. 20.0 in. | 16.75 lb. 4.56 lb. | Kanawha River New River | Robert Honaker Louis Puskas |
| | 1986 | 11.7 in. | 2.75 lb. | Pond (Randolph Co.) | Mark Allen Lewis |
| Bluegill | 1964 | 13.75 in. | 2.25 lb. | Farm Pond (Fayette Co.) | Dennis Criss |
| | 1994 | 32.25 in. | 7.54 lb. | Pond (Berkeley Co.) | Donald E. Newcomb, III |
| Bowfin | 1994 | 29.38 in. | 7.66 lb. | Pond (Berkeley Co.) | Carl A Jaegar, III |
| Buffalo | 1976 | 41.0 in. | 38.0 lb. | Little Kanawha River | Hobert Null |
| Carp | | | | | |
| Common | 1998 | 39.3 in. | 47.0 lb. | Farm Pond (Preston Co.) | Gary Johnson |
| | 1988 | 41.0 in. | 41.5 lb. | Stonecoal Lake | Charles J. Cook |
| Grass | 2002 | 47.1 in. | 52.5 lb. | Farm Pond (Mason Co.) | Joseph R. Spencer, II |
| Catfish | | | 0.4.11 | | |
| Bullhead | 1977 | 22.75 in. | 6.1 lb. | Tygart Lake Headwaters | Gary R. Freeman |
| Channel | 1994 1993 | 38.5 in. 38.0 in. | 21.25 lb. 33.38 lb. | Lee Creek Patterson Creek | Mike C. Mace Johnny J. Weatherboltz, Jr. |
| Flathead | 1956 | 52.0 in. | 70.0 lb. | Little Kanawha River | L. L. McCLung |
| Chain Pickerel | 2001 | 27.75 in. | 6.19 lb. | Tuckahoe Lake | Steven Demma |
| Crappie | 1971 | 19.75 in. | 4.05 lb. | Meathouse Fork | Leonard Edgell |
| | 1983 | 44.25 in. | 6.27 lb. | Elk River | Steve Woods |
| Eel | 1977 | 44.0 in. | 7.25 lb. | Bunker Hill Quarry | Arlie R. Ruble |
| Fallfish | 1970 | 21.25 in. | 3.5 lb. | North Fork of So. Branch | James Blackwell |
| Freshwater | 1989 | 35.5 in. | 27.0 lb. | South Fork of Hughes | Charles Mickel Lott |
| Drum | 1954 | 37.0 in. | 25.0 lb. | Little Kanawha River | Bill Dawkins |
| Gar | | | | | |
| Longnose | 2003 | 50.63 in. | 16.75 lb. | Fish Creek | Brian Klug |
| Caldava | 1993 1983 | 50.5 in. | 19.08 lb. 3.0 lb. | Kanawha River Ohio River | Michael Shan Casey Delbert McWilliams |
| Goldeye | 2003 | 18.5 in. 52.7 in. | 38.5 lb. | Stonecoal Lake | Glenn Boyd |
| Muskellunge | 1997 | 50.37 in. | 49.75 lb. | Stonecoal Lake | Anna Marsh |
| Northern Pike | 1989 | 42.6 in. | 22.06 lb. | Dog Run Lake | Boyd O. Pratt, Sr. |
| Sauger | 1985 | 23.0 in. | 4.75 lb. | Ohio River | Steve Powell |
| _ | 2000 | 26.0 in. | 7.25 lb. | Ohio River | Dru Beck |
| Saugeye | 2000 | 27.1 in. | 6.13 lb. | East Lynn Lake | Wendell Williamson |
| Skipjack | 2002 | 18.4 in. | 2.61 lb. | Kanawha River | Steve Skeens |
| | 1991 | 18.6 in. | 2.38 lb. | Ohio River | Elmer Bullard |
| Tiger Musky | 1994 | 49.25 in. | 36.5 lb. | Mountwood Lake | Clyde E. Beckett |
| Trout | 0004 | 00.05. | 7.64.11 | Chavers F- ::I: | Com M. Charre |
| Brook | 2004 1981 | 22.25 in. 23.5 in. | 7.64 lb. 4.78 lb. | Shavers Fork Lost River | Gary M. Chapman Jack E. Foltz |
| Brown | 1968 | 32.0 in. | 4.76 lb. | South Branch | Paul Barker |
| | 1998 | 26.4 in. | 9.31 lb. | Brushy Fork Lake | Danny Crider |
| Golden Rainbow | 1987 | 27.5 in. | 8.63 lb. | Stonecoal Lake | Gerald Estep |
| 5 | 2004 | 29.7 in. | 13.09 lb. | Pond (Monroe Co.) | Aaron Propps |
| Rainbow | 1993 | 31.7 in. | 11.74 lb. | Stonecoal Lake | John P. Arnett |
| Tiger | 1986 | 26.0 in. | 6.68 lb. | Greenbrier River | John Duncan |
| Walleye | 2003 | 32.0 in. | 17.82 lb. | Kanawha River | Steve Skeens |
| waneye | 1976 | 35.0 in. | 15.0 lb. | Kanawha Falls | Fred Cline |
| Yellow Perch | 1985 | 14.5 in. | 1.83 lb. | Tygart Lake | Charles Mayle |
| | 1971 | 15.0 in. | 1.75 lb. | Pond (Monongalia Co.) | Stanley Bloniarz, Jr. |

FISH

A Guide to Your Health

Health Benefits of Eating Fish -----

Fish are nutritious and good to eat. When properly prepared, fish provide numerous health benefits, especially for the heart. The American Heart Association recommends eating two to three fish meals each week.

The benefits of eating fish include:

- Fish offer high-quality protein with fewer calories than a similar-sized portion of meat.
 - **Example:** Both catfish and ground beef are about 18% protein. But, for an 8-ounce meal, the catfish will have only about 232 calories, while the regular ground beef will have about 640 calories.
- Fish are low in sodium and are good sources of potassium, vitamins, and other minerals.
- Fish are generally low in cholesterol and saturated fats, which have been associated with high blood pressure and heart disease.
- While the benefits of fish on nutrition are still being studied, much of the current research is focused on various kinds of beneficial fats in fish, particularly a kind of omega-3 fatty acids which are in some fish and fish oils. Some studies have indicated that eating these fatty acids have favorable effects on health conditions such as reducing blood cholesterol levels and high blood pressure and hardening of the arteries.

Contaminants in Fish -----

Some fish take in contaminants (PCBs, for example) from the water they live in and the food they eat. These contaminants build up in the fish over time. Eating contaminated fish can result in a buildup of these chemicals in your body, so it is important to keep your exposure as low as possible. The meal advisory on the following pages is intended to protect people, especially pregnant and nursing women, women who may become pregnant in the next few years, and small children from potential health problems from eating contaminants in fish.

Fish Consumption Advisories-----

The 2005 West Virginia Fish Consumption Advisories are presented in the following pages. These recommendations are intended to allow you to receive the nutritional benefits from eating fish while keeping the level of contaminants from fish at levels in your body where health problems are not likely. Fish advisories are not intended to discourage you from eating fish, but should be used as a guide to eating fish in the proper amounts so as not to adversely impact your health. You can reduce your risks by eating fish less likely to contain contaminants, cleaning and cooking them properly, and eating portions that correspond to your body weight.

Which fish are less likely to contain contaminants?

Some fish such as sunfish, crappie, and trout eat insects and other aquatic life and are less likely to contain contaminants at levels that might affect your health. If you eat walleye, bass, and other predatory fish, eat the smaller, younger fish that are less likely to contain contaminants. Eat fewer fish like carp and catfish, which feed on the bottom of lakes and rivers and are more likely to contain contaminants.

How should I prepare and cook fish to reduce the amount of contaminants in the fish?

PCBs and Dioxin are contaminants that usually build up in a fish's fat deposits and just underneath the skin. By removing the skin and fat before cooking, you can reduce the levels of these chemicals. Mercury collects in the fish's muscle and *cannot* be reduced by cleaning and cooking methods. To reduce PCBs and Dioxin contaminants:

- Fillet fish and throw away the fat, skin, and internal organs (where contaminants are most likely to accumulate) before you cook them. Fat is concentrated on the belly, the middle of the back, the line along the sides, and under the skin.
- Cooking does not destroy the contaminants, but heat from cooking melts some of the fat and allows some of the contaminated fat to drain away. Broil, grill, or bake the trimmed, skinned fish on a rack so the fat drips away. Throw away the fat that comes from cooking fish.

Free Fishing Days

June 11 - 12, 2005



2005 WV Consumption Advisories

General Advisories - for all West Virginia waters

| Water Body | Species | Limit your fish meals to: | Contaminants* |
|--|---|---------------------------|------------------|
| All West Virginia Waters (except where listed in the specific advisories at right): | Black Bass (largemouth, smallmouth, spotted) less than 12" | | |
| | Channel Catfish greater than 17" | | |
| | Sauger | 2 meals a month | *Mercury PCBs |
| | All Suckers | | |
| | Black Bass (largemouth, smallmouth, spotted) greater than 12" | | |
| | Walleye | | |
| | Saugeye | 1 meal a month | |
| | White Bass | | |
| | Hybrid Striped Bass | | |
| | Rainbow Trout | No Limit | |
| | Channel Catfish less than 17" | 1 maal a waak | |
| | All Other Species | 1 meal a week | |

How to use this advisory -----

Follow the advice presented in this regulation, noting the differences between the General Advisories for all West Virginia waters and the Specific Advisories. Find the meal advice for the fish you've caught. "Do Not Eat" means no one should eat those fish because of very high contamination. The other groups ("One Meal a Week", "Two meals a Month", "One Meal a Month", and "Six Meals a Year") are advice for how often to eat a fish meal. The size of the fish meal depends on your body weight. To adjust serving sizes, follow the advice in the meal size table.

Women of childbearing age, children and people who regularly eat fish are particularly susceptible to contaminants that build up over time. If you fall into one of these categories, you should be especially careful to follow the meal sizes and space fish meals out according to the advisory tables.

Your body can get rid of some contaminants over time. Spacing the meals out helps prevent the contaminants from building up to harmful levels in the body. For example, if the fish you eat is in the "One Meal a Month Group", wait a month before eating another meal of fish from any restricted category. Occasionally eating fish in quantities slightly greater than the advisories recommend, such as during an annual fishing vacation, should not present a health hazard.

| Meal Sizes | | | | |
|---|--|--|--|--|
| A person weighing between | should eat no more than this amount per meal | | | |
| pounds | ounces of precooked fish | | | |
| 20 or less | 1.0 | | | |
| 21-35 | 1.5 | | | |
| 36-50 | 2.0 | | | |
| 51-70 | 3.0 | | | |
| 71-90 | 4.0 | | | |
| 91-110 | 5.0 | | | |
| 111-130 | 6.0 | | | |
| 131-150 | 7.0 | | | |
| 151 and over | 8.0 | | | |
| Demander that 2.0 aureas of prescaled fish is shout the size of | | | | |

Remember that 3.0 ounces of precooked fish is about the size of the palm of your hand or a deck of cards

Remember that 1.5 ounces of precooked fish is about one-half the size of the palm of your hand or one-half the size of a deck of cards

For Additional Information

The advisory listing was current at the time this summary went to press. Other fish consumption advisories may have been issued or lifted since that time. Notice of such actions has been released to the public through press releases. For further information or the most current advice contact:

WV DHHR: (304) 558-2981 • www.wvdhhr.org/fish

WV DNR: (304) 558-2771 • www.wvdnr.gov/fishing/fishing.shtm

WV DEP: (304) 926-0495 • www.wvdep.org

US EPA: epa.gov/ost/fish



E 2005 WV Consumption Advisories

Specific Advisories - species not listed below can be eaten as indicated at left

| Water Body | Species | Limit your fish meals to: | Contaminants* |
|---|----------------------------------|---------------------------|----------------------------|
| | Carp | | |
| Flat Fork Creek | Channel Catfish, all sizes | Do not eat | *PCBs |
| | Suckers | | |
| Hughes River | Sauger | 1 meal a month | *Mercury |
| Kanawha River downstream of I-64 | Flathead Catfish, all sizes | | *Dioxin Mercury PCBs |
| | Channel Catfish, all sizes | | |
| bridge in Dunbar including: all | Carp | Do not eat | |
| backwaters, Armour Creek, Heizer Creek, | Hybrid Striped Bass | | |
| Manila Creek, Pocatalico River (lower two miles) | Suckers | | |
| Triver (lower two fillies) | All other species | 1 meal a month | |
| Kanawha River upstream of I-64 bridge in Dunbar | Channel Catfish less than 17" | 2 meals a month | Mercury *PCBs |
| Little Kanawha River | Flathead Catfish less than 17" | 2 meals a month | *Mercury PCBs |
| Meadow River | Rock Bass | 2 meals a month | *Mercury |
| Middle Island Creek | Spotted Bass less than 12" | 1 meal a month | *Mercury PCBs |
| Monongahela River | Channel Catfish all sizes | 6 meals a year | *PCBs |
| Potomac River main stem | All non-game fish | Do not eat | *Dioxin |
| North Branch of Potomac River | All non-game fish | Do not eat | *Dioxin |
| North Fork of South Branch of Potomac River | Rock Bass | 2 meals a month | *Mercury |
| South Fork of South Branch of | Smallmouth Bass less than 12" | 1 meal a month | *Mercury |
| Potomac River | Sunfish | 2 meals a month | Wercury |
| | Carp | Do not eat | Dioxin Mercury *PCBs |
| | Channel Catfish greater than 17" | Do not eat | |
| Ohio River entire length in WV | Channel Catfish less than 17" | 6 meals a year | |
| chare longer in TV | Flathead Catfish, all sizes | o meais a year | |
| | Drum | 1 meal a month | |
| R. D. Bailey Lake | Channel Catfish greater than 17" | 6 meals a year | *PCBs |
| Shenandoah River | Carp | Do not eat | Mercury *PCBs |
| Chanadan Maci | Channel Catfish greater than 17" | Donot cat | |
| Sleepy Creek Lake | Yellow Bullhead | 2 meals a month | *Mercury |
| Wheeling Creek | Smallmouth Bass less than 12" | 1 meal a month | *Mercury |

^{*}Contaminant: Meal Limits are determined by the chemical with the asterisk. Other listed chemicals would have an advisory at a less restrictive level. PCBs: Polychlorinated Biphenyls



West Virginia Sport Fish

Game Fish Defined: The following are game fish - brook trout, brown trout, rainbow trout, golden rainbow trout, black bass (largemouth, smallmouth, spotted), striped bass, chain pickerel, muskellunge, northern pike, sauger, walleye, white bass, rock bass, crappie, bluegill, other sunfish, channel catfish, flathead catfish, and all game fish hybrids. **Paintings by Duane Raver.**

